

Taco Salad

Serve this high-fiber salad with fresh fruit for a delicious, quick and easy summer meal.

Serves 8



Nutrition Facts

Serving Size about 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 210 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 28g **9%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 7g

Vitamin A 50% • Vitamin C 20%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 8 cups lettuce, chopped
- 2 cups cooked brown rice
- 1 15-oz. can black beans, rinsed and drained
- ½ cup shredded cheese
- 1 avocado, peeled and cubed
- ½ cup crushed tortilla chips
- 1 pound lean ground turkey, browned (optional)
- 2 tomatoes, chopped (optional)

Dressing:

- ¼ cup cilantro
- 2 Tablespoons plain yogurt
- 1 Tablespoon mayonnaise
- ¼ cup buttermilk
- ½ teaspoon onion salt
- 2 tomatillos (optional)

Directions

1. Add dressing ingredients to food processor and blend well.
2. Combine salad ingredients and dressing in large salad bowl and toss gently. Enjoy immediately!